

**Recharge
to
Energize**



Riddle Time

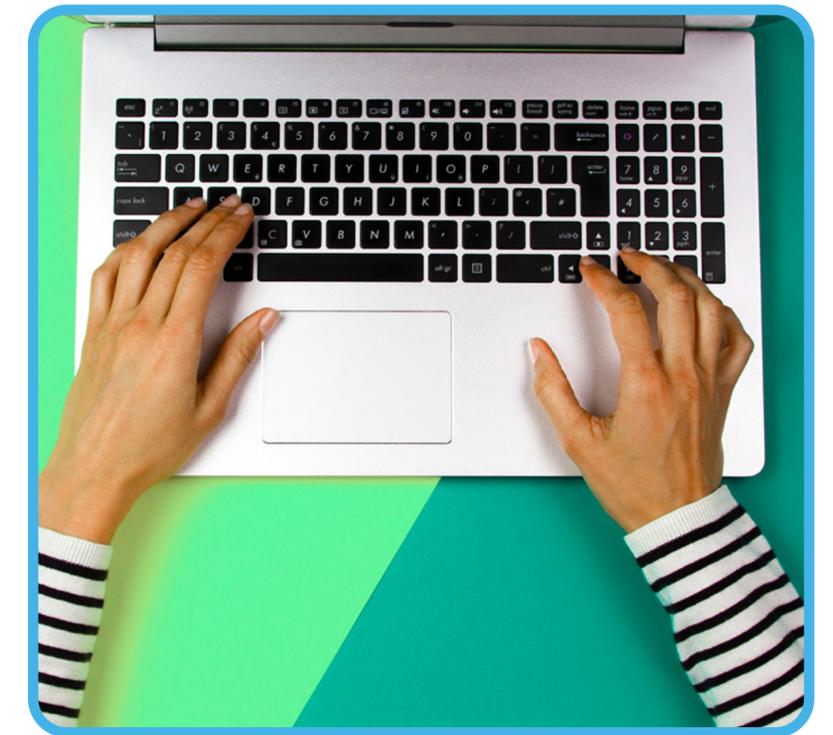
How are you like a video game,
a remote-controlled toy car, and a computer?



video game



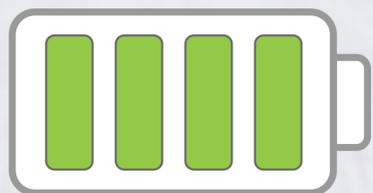
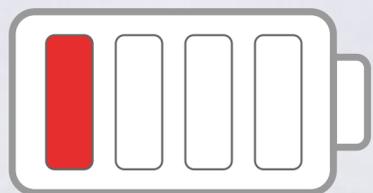
remote toy car



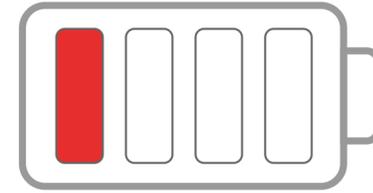
computer

All must recharge
to get energy!

Recharge means
to sleep or relax to
get energy.



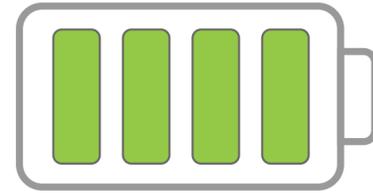
Recharge



What do you look like when your energy is low?



Recharge

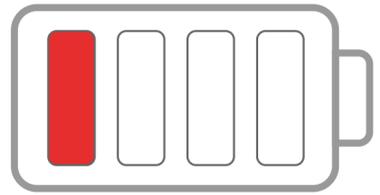


How do you look when you have all the energy you need?

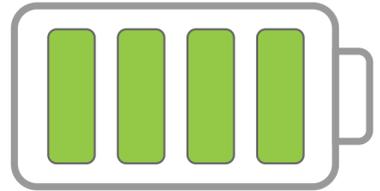


Fill in the blanks.

_____ TO GET ENERGY!



Your Energy



Can you recognize which kids have energy?



Your Energy

Pay attention to your energy at different times.

How does your energy impact your mood?

Name _____

Match the Mood

Your energy level changes throughout the day and can affect how you feel. Draw lines to match the batteries with the feeling faces.



Track it!

Write or draw your screen-free activity each day of the week!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

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